

How many hours of sleep do you get each night? The Nutrition Safari team wants you to know that 10 hours of sleep each night is required in order for you to perform your best in school each day. If you aren't getting all the sleep that you need, try going to bed a little earlier. In combination with a good diet, you can find that the proper amount of sleep can make it easier to learn.

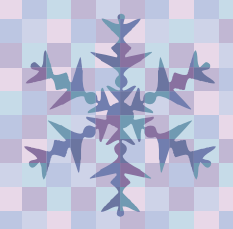

















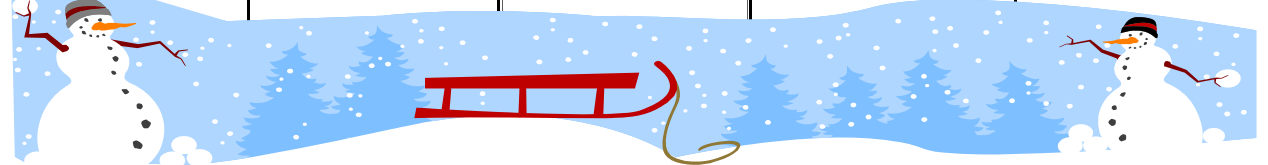
LUNCH PRICES	
Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk Choice	\$.60
Lactaid Milk (reg/choc)	\$.60
Soy	\$1.00
Ala-carte	\$1.25

ALL STUDENT LUNCH INCLUDES
Skim Milk, 1% Milk or Strawberry, Low Fat Chocolate Milk 100% Orange Juice

Lunch Alternatives
3: Peanut Butter and Jelly Sandwich
4: Peanut Butter and Fluff Sandwich
5: Healthy Choice Salad Served over a bed of mixed greens with tomato wedges, cucumbers, and dressing.

Questions or comments on the Foodservice Program?
Please call Kevin Silvia
Food Service Director
Whitson's Culinary Group
"Bringing Fresh Ideas to the Table"

781-721-7033 or 7032

Monday	Tuesday	Wednesday	Thursday	Friday
	 1. Gloria's Pizza Whole Wheat Cheese Pizza Slice 2. Veggie Wrap Celery Sticks W/LF Dip	 1. Cheese Lasagna Layers of noodles, ricotta & parmesan cheese w/ marinara sauce served w/garlic breadstick 2. Chicken salad in a roll Steamed Green Beans	 1. Grilled Ham & Cheese Texas Style Served w/Tomato Soup 2. Bagel Lunch Garden Salad W/ Lt Italian Dressing	 1. Gloria's Pizza Cheese Pizza Slice 2. Tuna Salad Wrap Cucumber Wheels W/Honey Mustard Dip
1. Roast Turkey Breast Fresh Turkey served w/ gravy, creamy mashed potato, cranberry sauce & dinner roll 2. American Sub Mixed Carrots & Peas	 1. Gloria's Pizza Whole Wheat Cheese Pizza Slice 2. Chicken Ranch Sandwich Carrotenies W/LF Dip	 1. Krisp n Krunchy Chicken Nuggets Served w/ fresh vegetable rice w/sweet & sour dipping sauce & vanilla pudding. 2. Nacho lunch	Early release No Lunch	 1. Gloria's Pizza Cheese Pizza Slice 2. Egg salad on a roll Caesar Salad
 1. Breakfast for Lunch Pancakes served w/ syrup, sausage, scrambled eggs & cupped strawberries 2. Italian Sub	 1. Gloria's Pizza Whole Wheat Cheese Pizza Slice 2. Ham & cheese Wrap	 1. Chicken Caesar Salad Marinated Chicken Breast served on romaine salad w/ parmesan cheese & croutons. Served w/ pita bread Baked Apple Crisp 2. Italian Sub	 1. West Coast Chicken Chicken served in a citrus marinade served w/ white rice & dinner roll 2. Pretzel BLT & Cheese Bagel Seasoned Carrots	 1. Gloria's Pizza Cheese Pizza Slice 2. Buffalo Chicken Wrap Celery Sticks W/Bleu cheese Dip
 1. Stir Fry Beef & Noodles Stir fry beef w/ vegetables & noodles served w/ eggroll 2. Turkey & Cheese on a bagel Cupped diced apricots	 1. Gloria's Pizza Whole Wheat Cheese Pizza Slice 2. Salami & Cheese wrap Roasted Broccoli	 1. Meatball Parmesan Meatballs topped w/ marinara, cheese served w/ pasta Garlic cheesy Bread stick 2. Chicken Salad Sandwich Garden Salad	 Holiday Break	
				

Fruit & Veggie Of The Month



Oranges

DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free!
All Products in our program have Zero Trans Fats!
Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!
We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.
All Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!
Our Ketchup is High Fructose Corn Syrup Free!
We offer Only Low Fat Cheeses and Condiments!
Vegetables are always fresh and crisp!
Unless otherwise indicated all of our Pasta is Whole Grain Barilla brand!
Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils.

Prepaid Lunch Tickets Available

5 Lunches= 15.00 20 Lunches= 60.00
10 Lunches=30.00 30 Lunches= 90.00

WE PURCHASE LOCAL!

*We always use regional suppliers whenever seasonably available.



Check out what we are doing to help save the environment.
Visit www.Whitsons.com